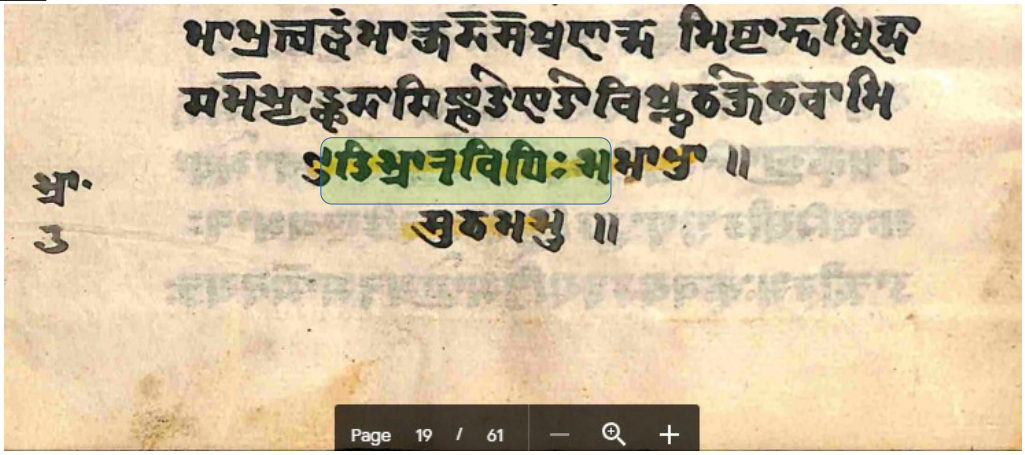
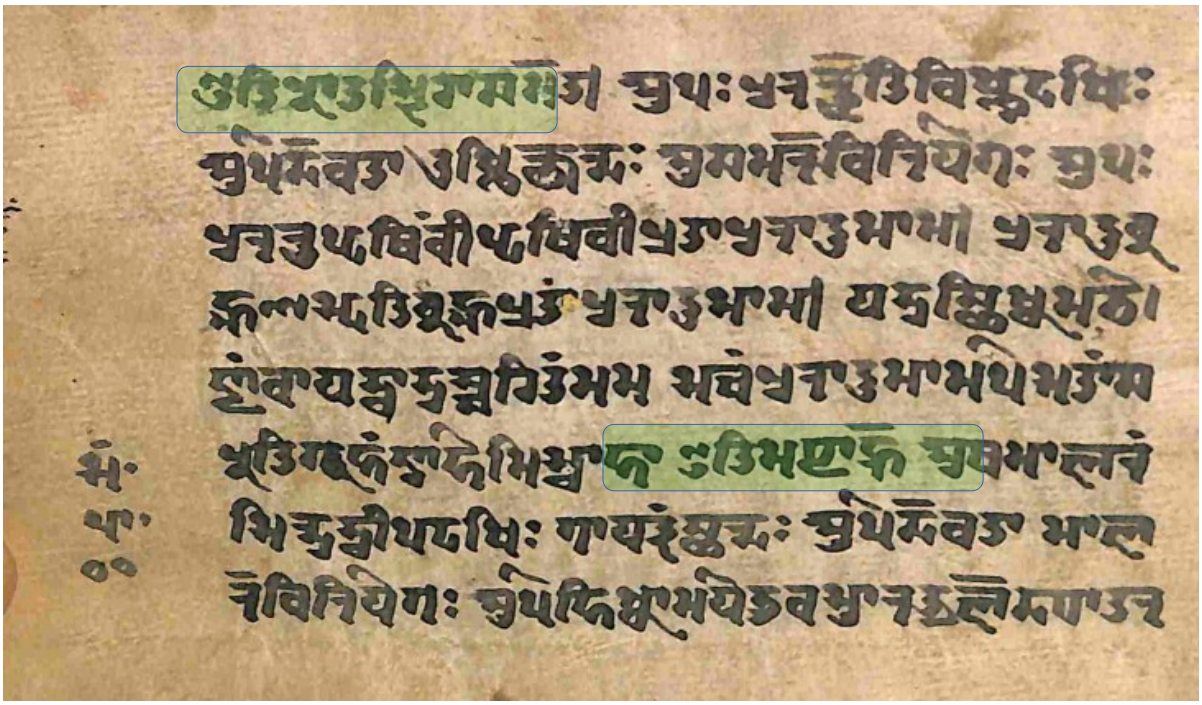
uri-6.pdf Title : This manuscript includes, Snana Vidhi - Sandhyopasanam

Snana Vidhi



Sandhyopasanam



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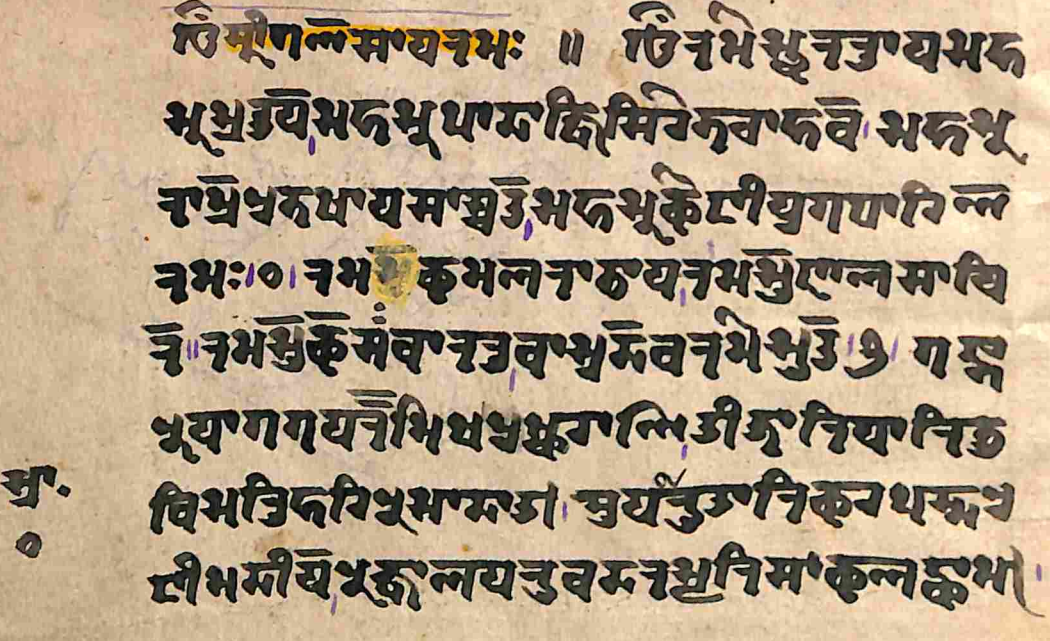

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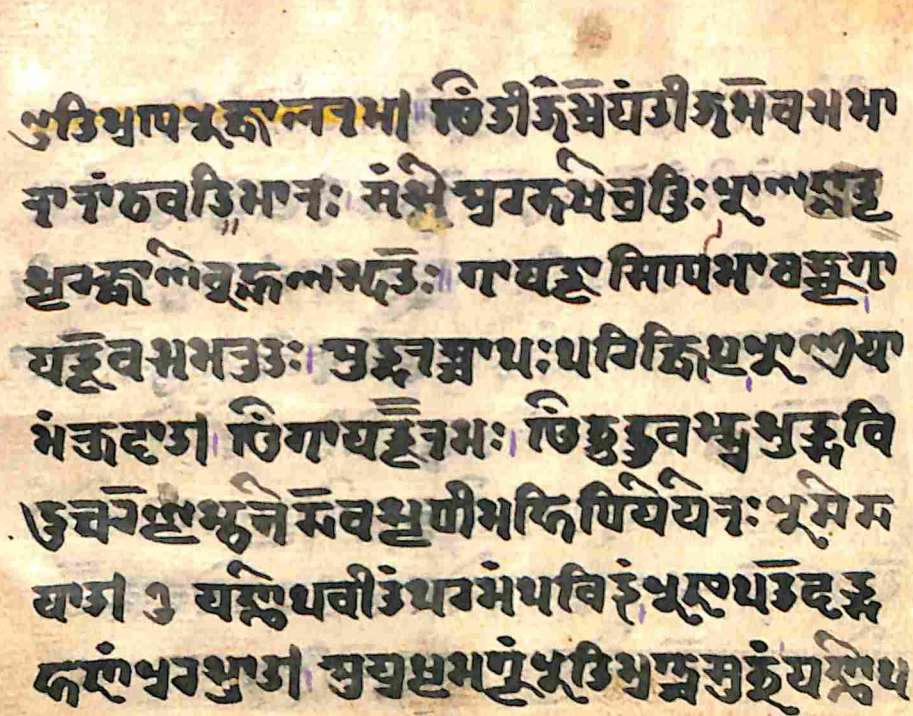

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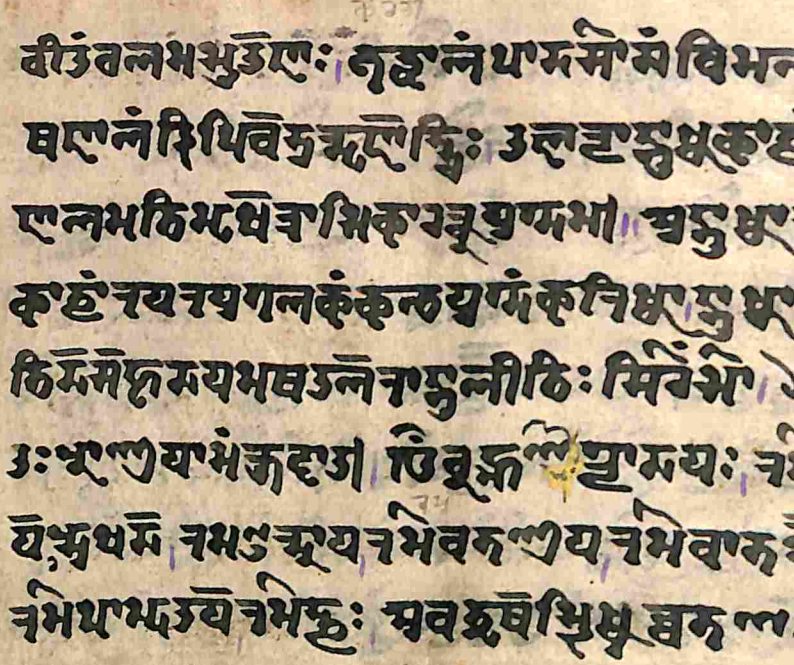

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ઽતિએનેત્રભક્ષઃ ઽતંકિરાએવઽન્ત્રકુત્ર।
ભ્રદ્યયઞ્જભવેઽવત્ત સ્રધમેધાસ્ભૂતિધા
ઽવેકઽતાધવઞ્જકૃમયાવિદ્ધિગો ઽતિઽધ
ઋનભા યભભૂરાષ્ટ્રાણગોવઽન્ધેઽમંવઽ
ન્યેભઽમૂંવિષ્ટિયાધાઃવિઽતભઞ્જઃઽઠિ
ત્રેમેવઃભવિઽવઽઽભઽિઃ વિસ્ત્રમેવાભઽઽેભઞ્જ
ઽત્રકઃ ઽતિએનસ્રવઽતંનિમાઽનભૂમોનઃ
મેધભૂમાપઃ ઋભિઽ સ્રધઽભાયેઽવત્ત ।

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ऋभिरग्ने अर्वद्भिर्वाजवद्भिर्वयस्वद्भिः व
र्धस्व मंवत्सरीणां मन्वन्नहोरात्राभ्यां
भिष्वमिन्द्र ऋतवस्थ्येभिर्मासरेभ्यो
त्वेमेऽवीवृधः मरुत्वतीय भृगवाऽऽ
यभगं गायत्रं त्रिभृद्यज्ञ त्रैष्टुभं पञ्चदशं
तृतीयमहेऽवः उपेमऽऋतुः गायत्रेभः सिंधु
वभ्रुभ्यो विउच्चरेष्टुंठनेऽवधृतीभ्यो त्रिये
धेनः श्रेष्ठयाय ३ ॥ त्रि॰ भृमक्थक्रि।

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ग्रन्थिष्टमेवाः ऊँ भुमिष्टा भ्रवन्तिष्ठाएऽग्निकूला
ग्निवभ्रमः भ्रुवीर्भूर्भुवोयधात्रे त्रेभ्यो भ्रगभ
त्रेर्दभवऽभ्यः भऽऽरये वऽभ्यः भोषधिभ्यो
यर्ंविष्णुः भ्रऽमेवा भ्रवर्त्तेयऽविष्णुक्रिमन्
मेथ्यष्टिष्टभ्यभ्यो भठिः ऽऽविभ्रमठिभ्रू रुना।
भ्रुवऽगीऽऽक्षुः यऽऽक्षुठयाभऽऽऽऽनेभ्रठय।
ष्टुपि भध्यवछ्यिभ्रवऽऽऽऽठिठिविष्ट्रिभेविभ्र
ोल्पि ऽऽविभ्रचे साभभ्रात्रभ्रेविभ्रयऽऽक्षुः

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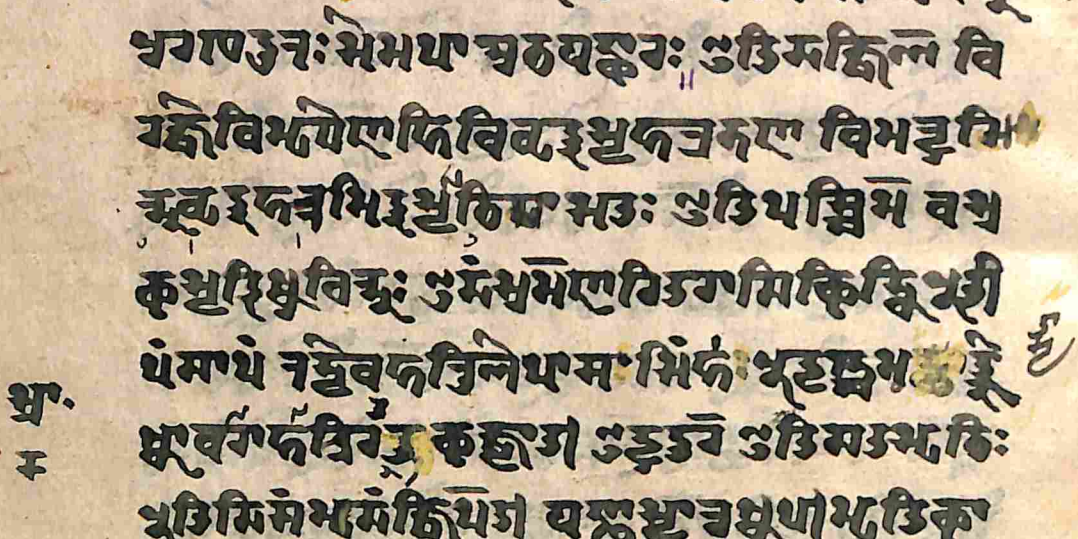

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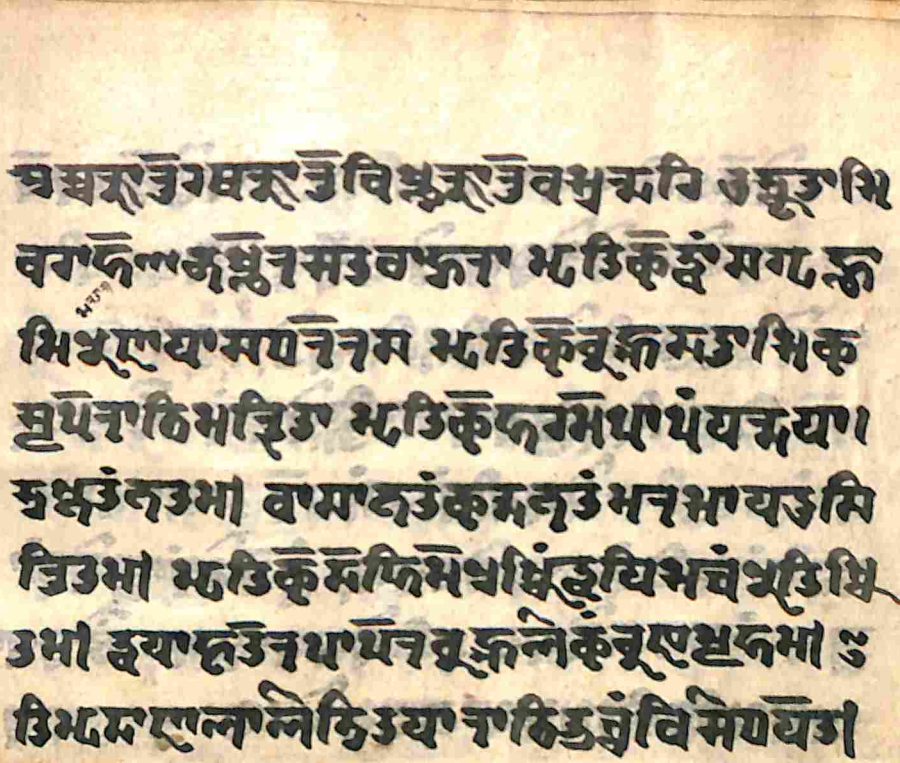

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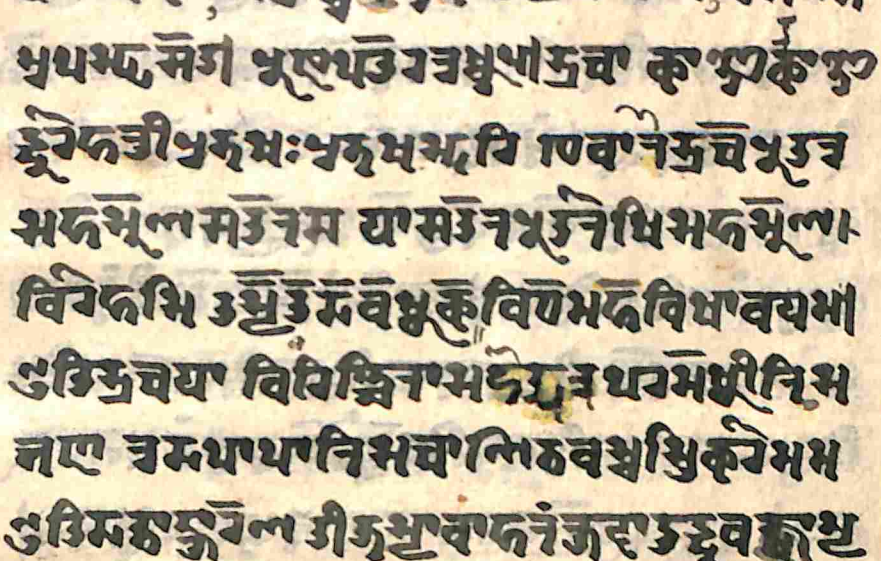

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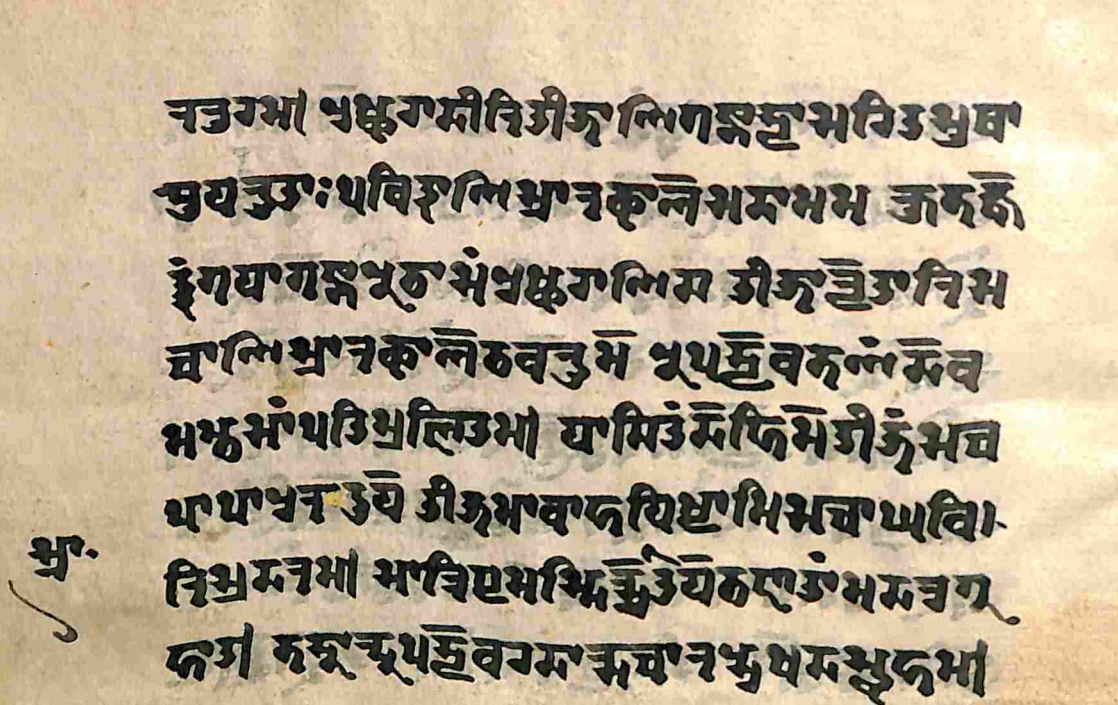

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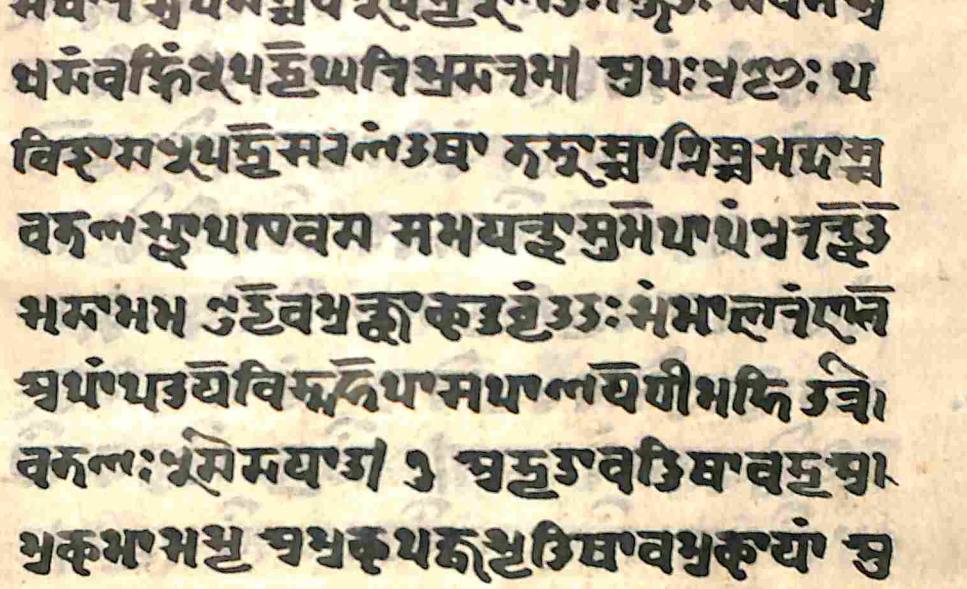

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ॐनेत्रत्रयःकथेथल्लिउथथनिवाग्गीॐ स्त्री
विघ्नभ्रीॐॐघघ्नुःभ्रघ्रठयठङ्कपीङनिवाग
ग्गीॐ भवथथङ्कयाॐविउभ्रागङ्कयेभङ्कभो।
भ्रान्तभर्कंकनिष्ट ठिऊनघ ठिउक्षिघ्नेः थन
भंथमंभमथघ्रुत्रिभ्रग्यः मिवीवमङ्कग
ॐउॐक्षिभ्रभेविभघ्रुवेण्णवंभघ्नभिन्नु
ॐविघ्नेदङ्करभंथमभा ठिऊक्रुः ठिऊक्रुवः ठि
भ्रुः ठिभर्कः ठिण्नेनः ठिउथः ठिभङ्कभा

भ्र. १

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अथ गणेशमन्त्रभूमङ्गलंपठित्वेठीमठवान्तवे
नूरे अगठिंसमाणिगठेकरेकृपयाकेवलभा
स्कभाङ्कन ॥ भामेश्रीङेभासमेकभठवे
भाभ्रलङेभाङकमेभ्एक्म मिह्नाक्षिक्ष
मभेभ्राङ्कमिल्लेएकेविभ्रठंकेठवाभि
ऽठिभ्रान्तविधिःभभाभ्र ॥
सुठभस्तु ॥

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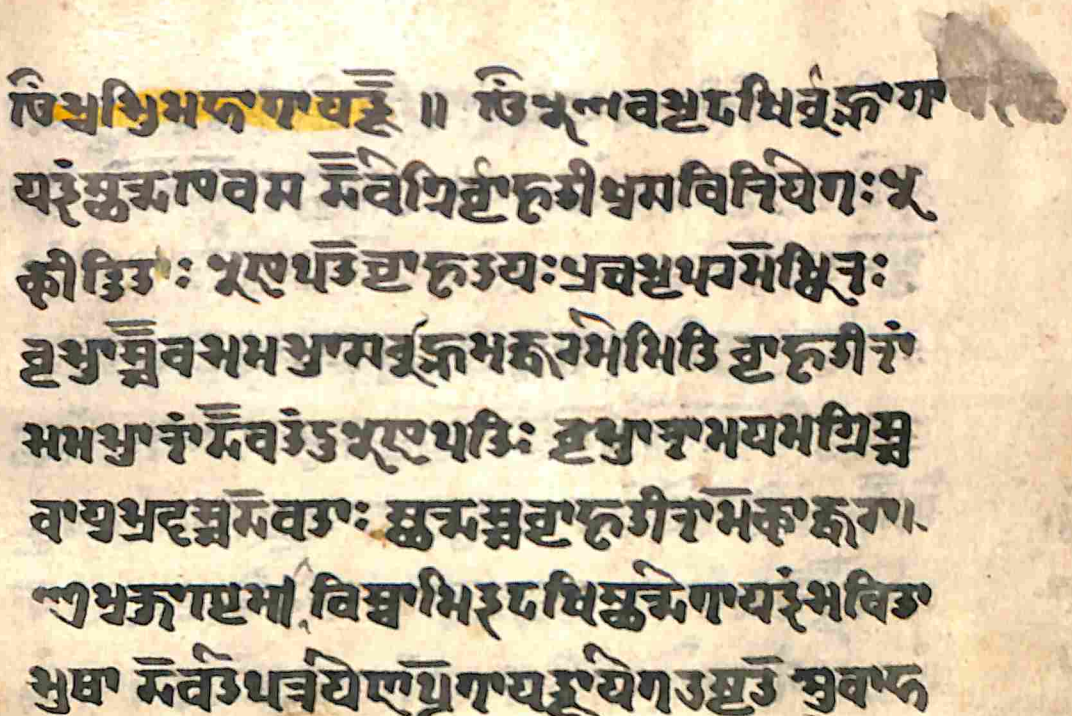

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यभिगायंश्रीभवधाधश्रीमिनीभो नगायकृधं
एधंनहृष्कृभिभंऋभो भुगस्कुवऋमेविए।
पूभेभत्रिणिरुव गायतेरयभेयभ्रंगायश्रीरेंउ
ऽःभ्रुऽ भृग्निचभृन्नभ्रदस्नवृऋभट्टधल्वम
ऽःकृस्नविश्वेभेवस्नभेवाभृभ्रुभ्रुहऽ ल्वभांहंसु
चेऋैवउंविनियेगंगात्रभ्रुह गायकृमिर्णभाचकृ
गायकृैवभभत्रऽः भृस्नस्नाधःधतिक्विएश्रीया
भंऋभ्रुग ल्वेभीऽगायश्रीभवाकृभेवाभांहं

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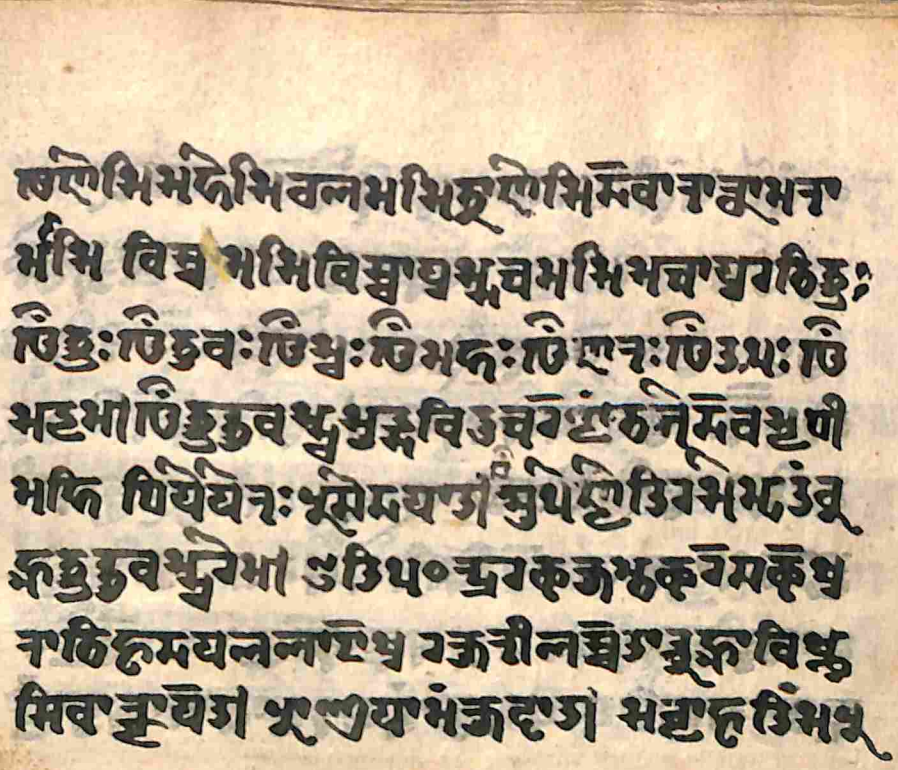

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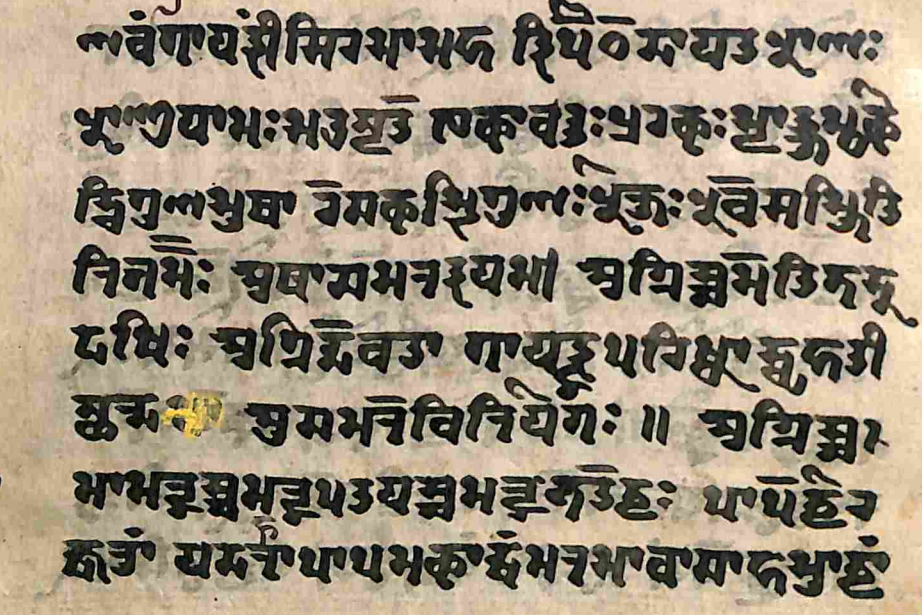

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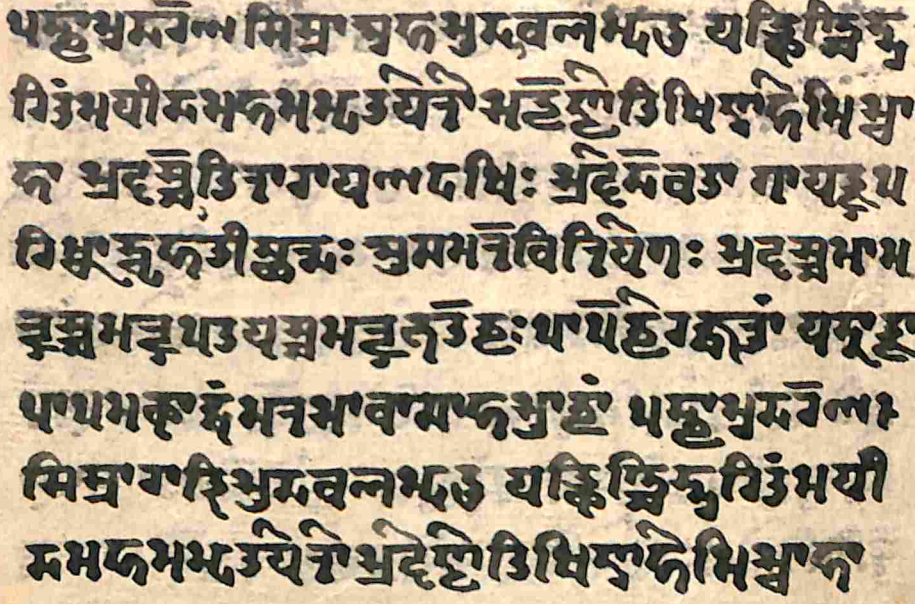

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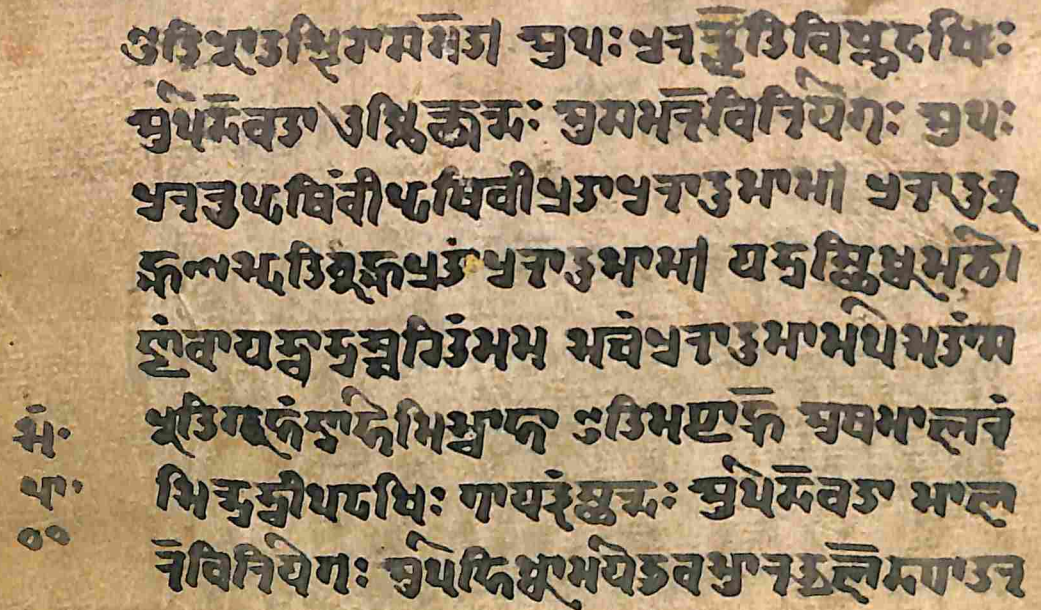

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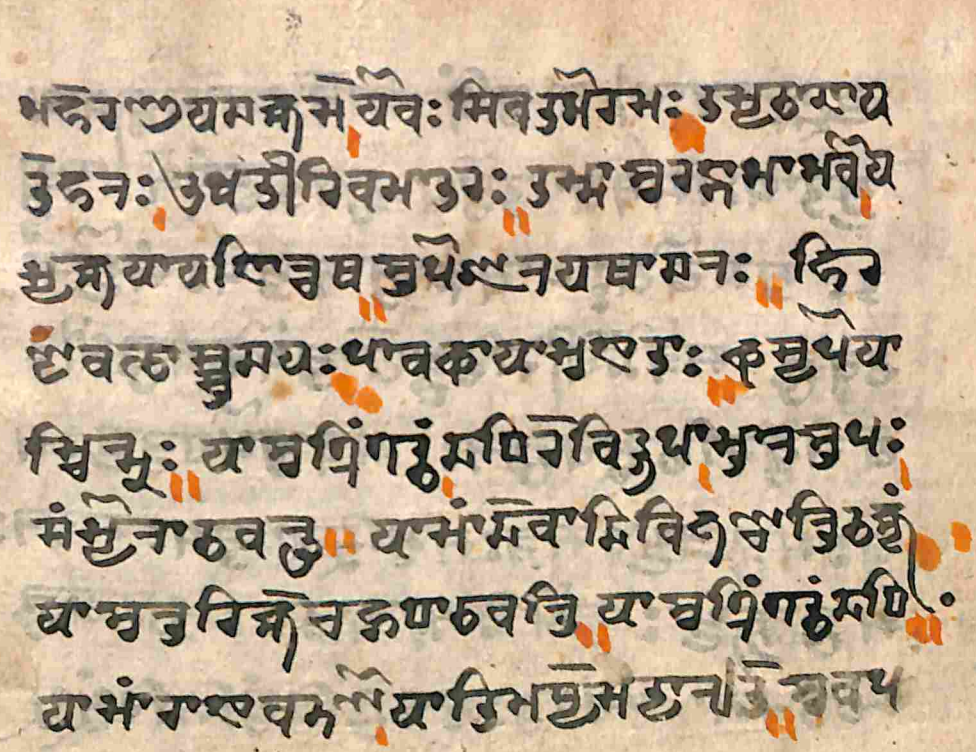

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ਸ਼ਿਵ ਪ੍ਰਤੰਪਵਿਏ ਵਾਸੁਮਾਧਃ ਸੁਰੁਲੁਮੈਨਮਃ
ਓਤਿਮਾਲਨਮਾ ਸਥਾਪਮਭੂਲੰ ਧਤੰਸਮਭੂ
ਸਾਰੀਸੁਤੁਧਮੈਧੁਲਾਯਤ ਤਤੋਰਾਤਿਰਾਯਤ ਤ
ਤਃਸਮਸੂਸੈ ਸਾਲਤਵਃ ਸਮਸੂਸਮਲਕਾਸਹਿ ਸੰ
ਵਤੂਸੈ ਸੂਲਾਯਤ ਸੂਤੋਰਾਤਾਲਿਵਿਸਾਸ਼ਿਵ
ਸ਼ੁਸਿਧਤੋਵਸੀ ਸ਼ਦਸਾਨੂਸਮੈਧਾਨ ਯਥਾਸ਼
ਚਸਕਲਾਯਤ ਸ਼ਿਵੰਸਮਾਧਿਵੀਸਾਤੁਰਿਸ
ਸੰ ਸਥੋਸੁਃ ਤੰਸੂਤੁਲਲਸੁਕੋਮਾਸਭੂਲੰਲਾਸੈ
ਗ ਤਿਕੁਃ ਤਿਕੁਵਃ ਤਿਸੁਃ ਤਿਸਕਃ ਤਿਲਾ

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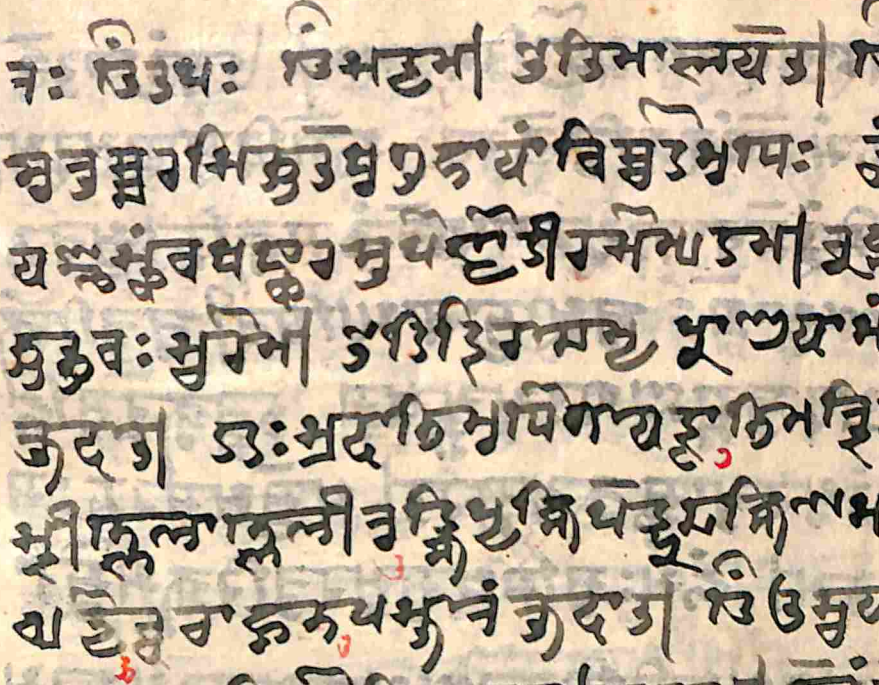

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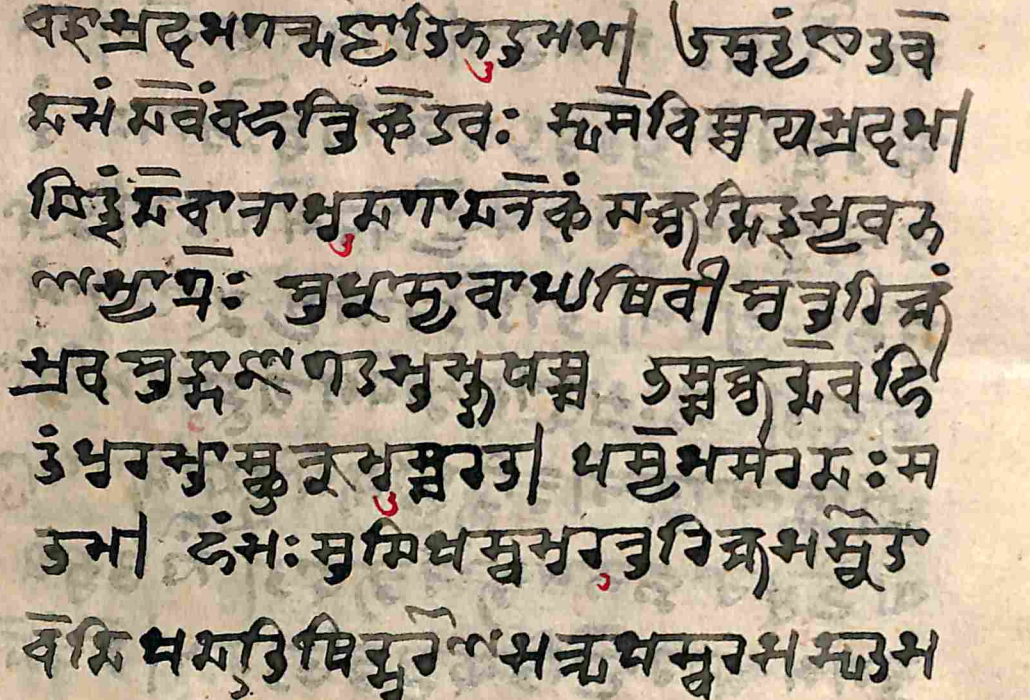

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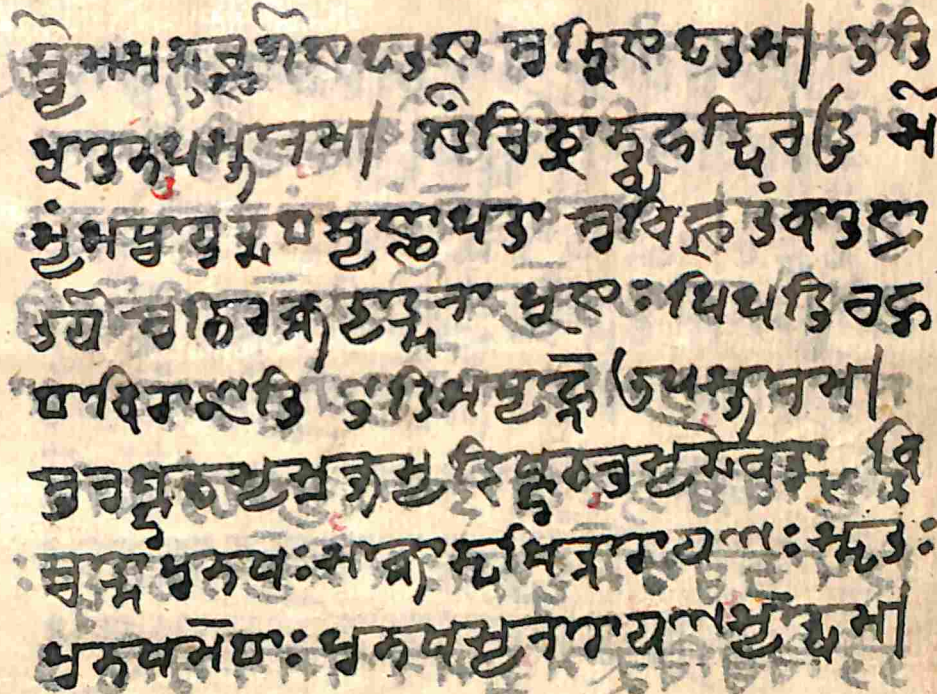

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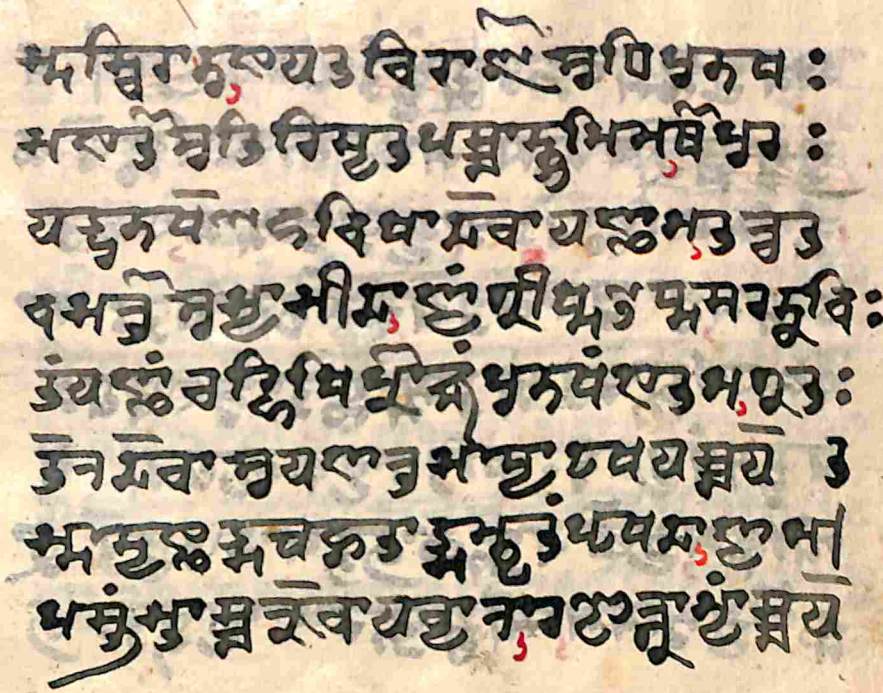

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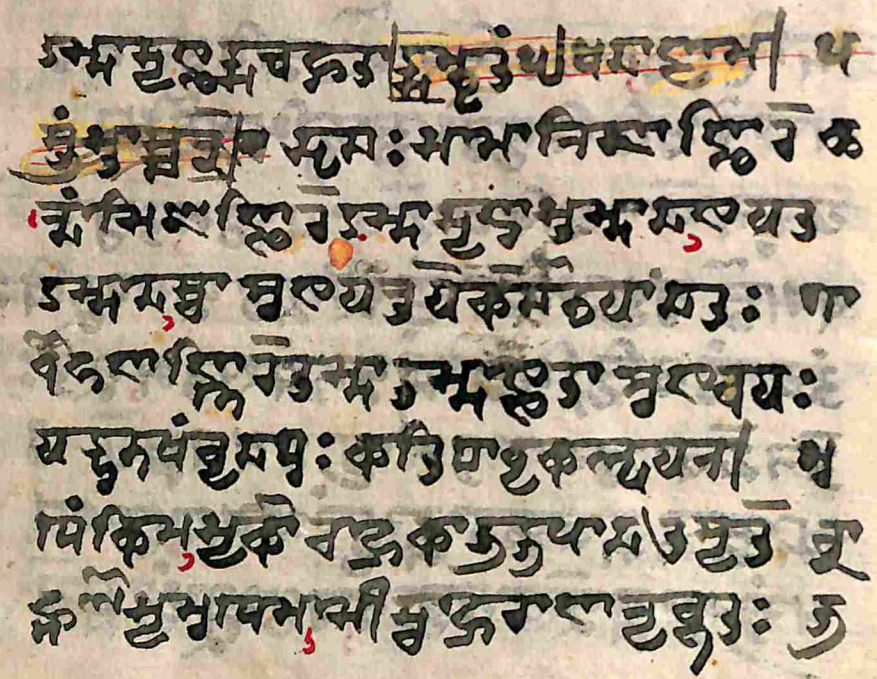

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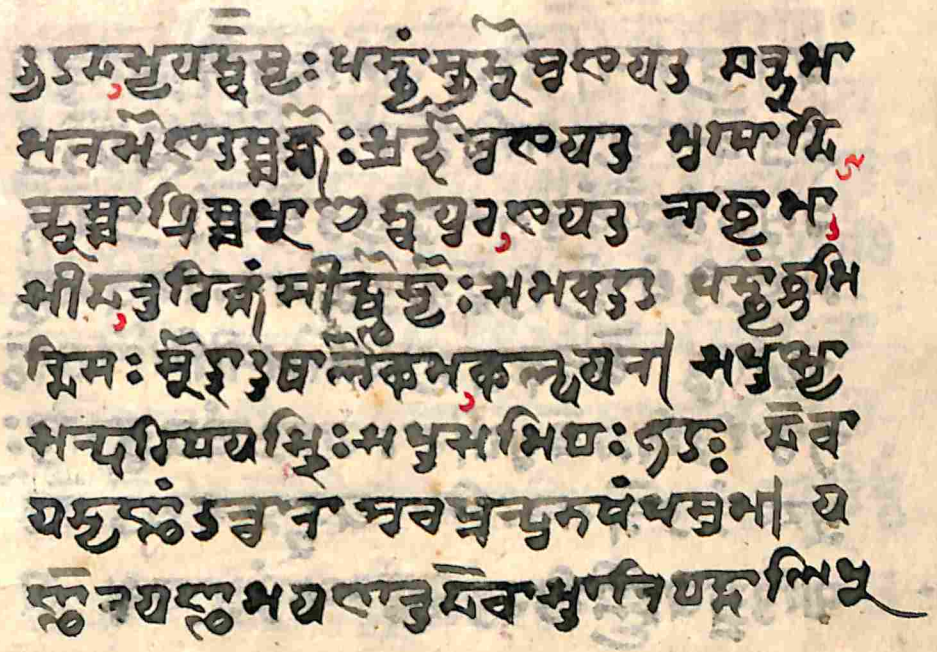

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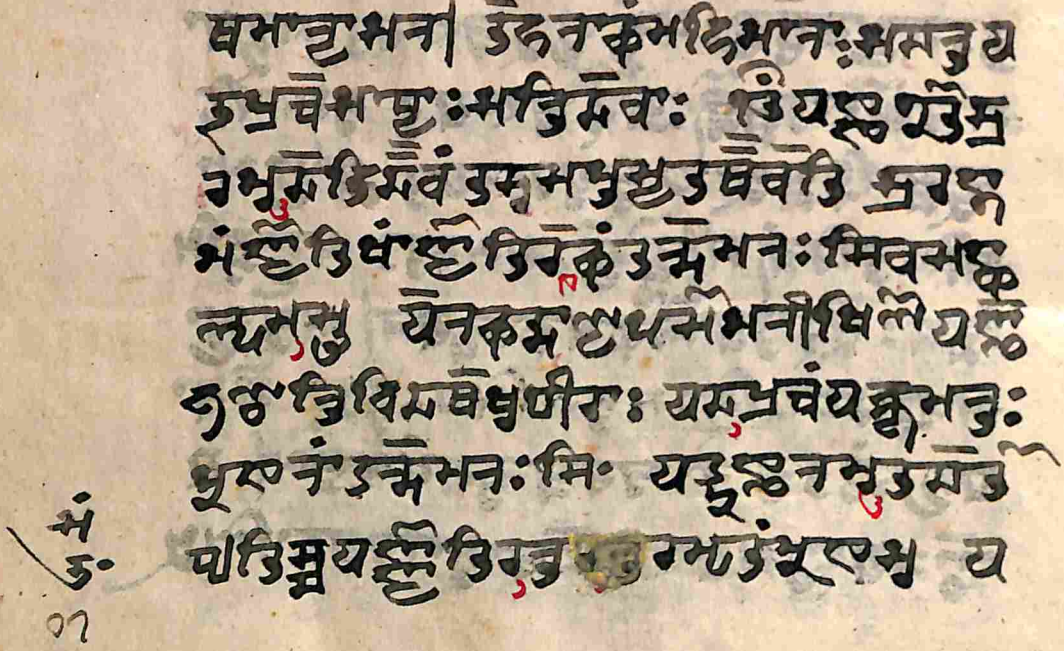

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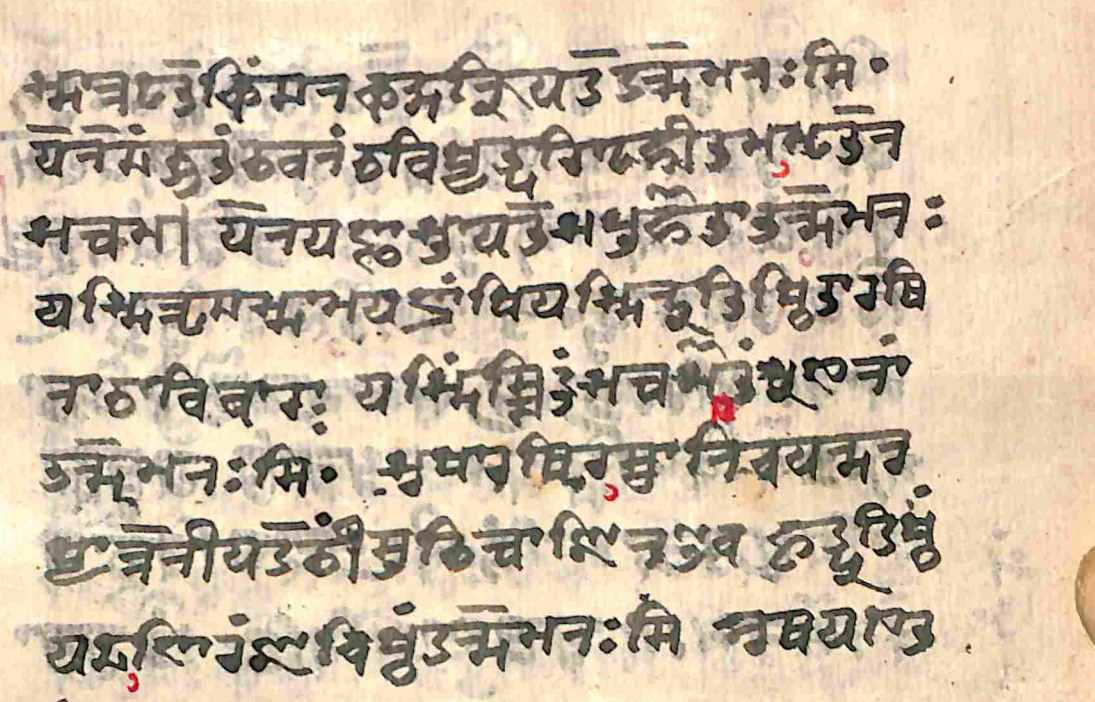

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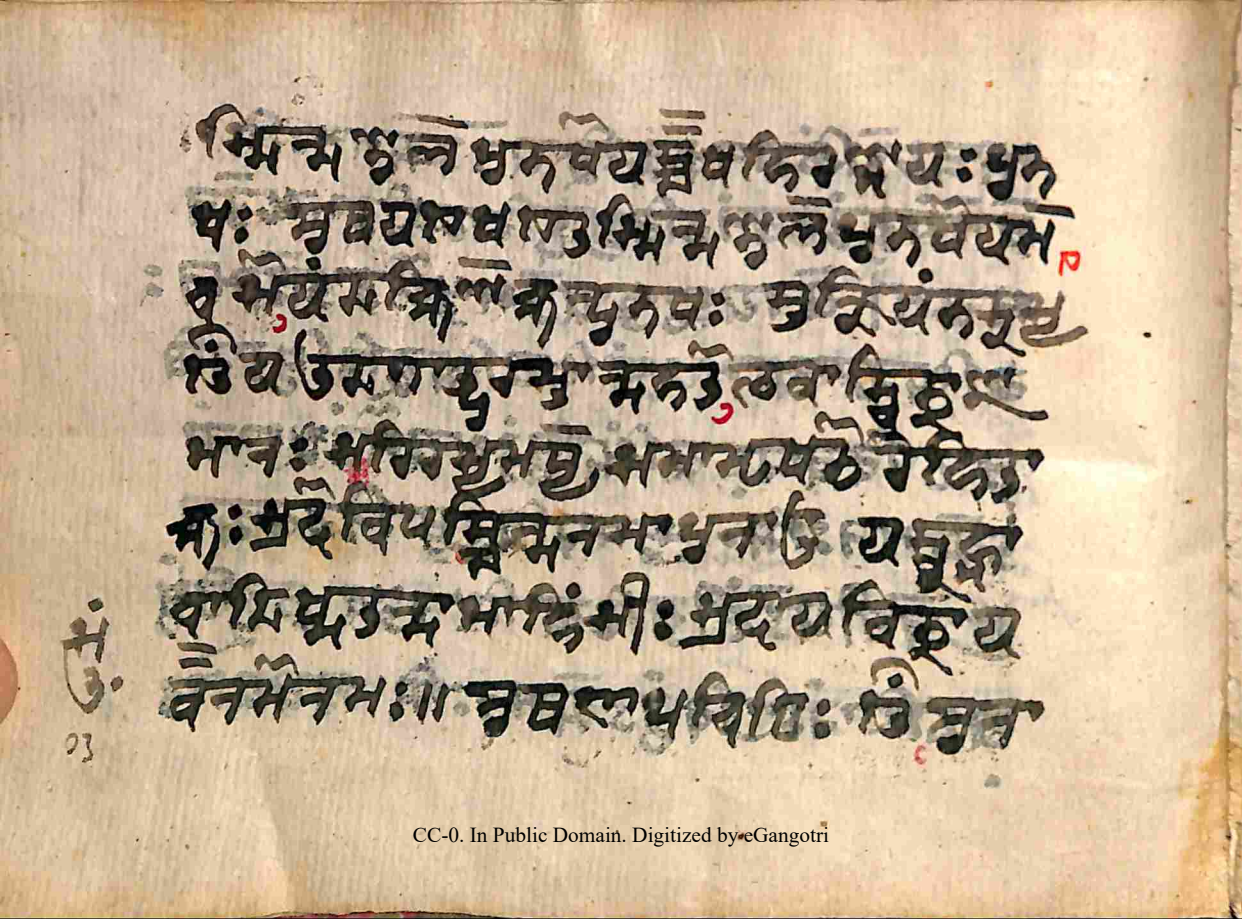

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ॐ ऊर्ध्वमि मस्तिरमि विष्णुर्मध्ये विष्णुवः
हृदि विश्वः सिरसि विष्णुरनुष्टुभं नमः
विष्णवमुल्लनीष्टुं नमः विश्वः मयुमाष्टुं नमः
विमदः सुनमिकाष्टुं नमः विष्णुः कनि
ष्ठिकाष्टुं नमः विष्णुयशटंकरतलकाय
ष्टुं नमः विष्णुः पार्श्वयोः विष्णवः पृष्ठे
विश्वः पृष्ठे विमदः नाभौ विष्णुः हृदि
विष्णुः कण्ठे विमदुंसिरमि विष्णुः हनुया

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ਯਨਮਃ ਓਂਕ੍ਰੂਂਵਃਸਿਰਮੇਸ੍ਵਾਹਾ ਓਂਸ੍ਰਾਂਵਃਸਿਖਾ
ਯੈਵ਷ਟ੍ ਓਂਮਃਕ੍ਵਚਾਯਹੁਮ ਓਂਲ੍ਰੀਂਵਃ
ਨੇਤ੍ਰਤ੍ਰਯਵੌ਷ਟ੍ ਓਂਯਃਅਸ੍ਤ੍ਰਾਯਫਟ੍
ਓਂਭੂਰ੍ਭੁਵਃਸ੍ਵਰੁਦ੍ਧ੍ਯੁਤ੍ਥਂਤਮਃ ਦਸੋਂਉਲਨੀ
ਥੁਂਤਮਃ ਠਨੋਸ੍ਰੋਵਸ਼ਮਸ਼ਮਾਥੁਂਤਮਃ ਧੀ
ਮਹਿਤਨਮਿਕਥੁਂਤਮਃ ਧਿਯੋਯੋਨਃਕ੍ਰਿ
ਖੁਕਥੁਂਤਮਃ ਖੁਸ਼ਿਸ਼ਯਕ੍ਰਤਉਲਕਰਘਖੁ
ਥੁਂਤਮਃ ਓਂਤਤ੍ਸਵਿਤੁਰ੍ਵਰੇਣ੍ਯੰ ਵ

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ॐ नमः शिरसि ऽग्निदेवाय नमः सर्वमुखाः अग्नि
देवाय नमः सप्तजिह्वाय नमः विविधरूपाय
नमः ऊर्ध्वशीर्षाय नमः कपिलभ्रूपाय नम
मः रौद्रिभ्रूपाय नमः श्रिमलभ्रूपाय नम
मः संधाभ्रूपाय नमः ठपभ्रूपाय नमः
गेरुपेभ्रूपाय नमः मोहकाल्लाय नमः
वसकल्याय नमः श्रुवमधामाय नमः धी
त्रिकाय नमः धामाभ्रूपेभ्रूपाय नमः क्रिये

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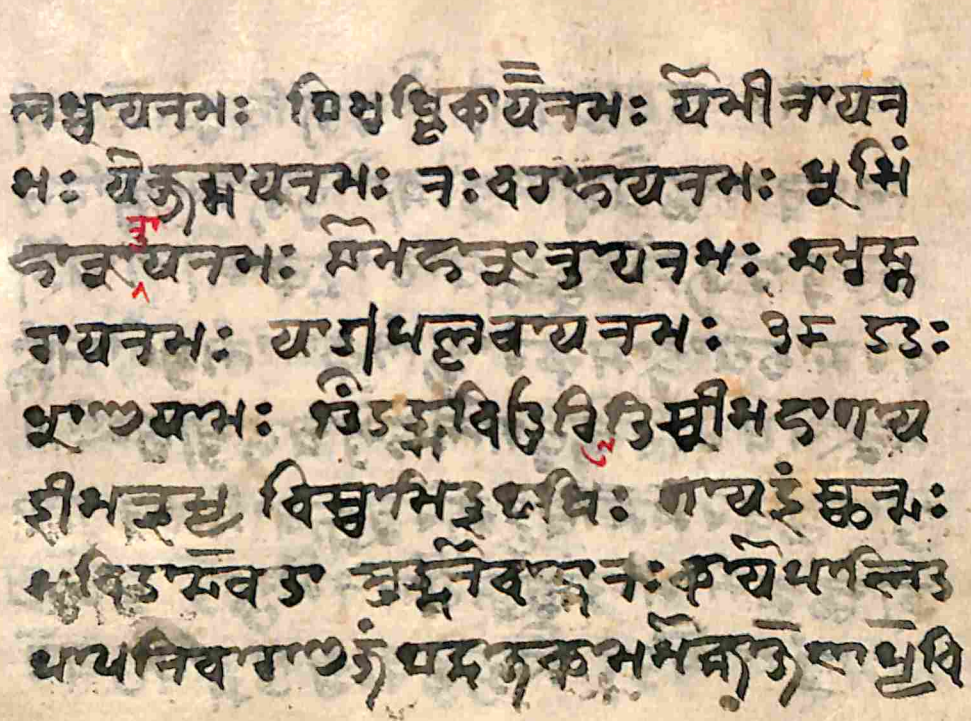

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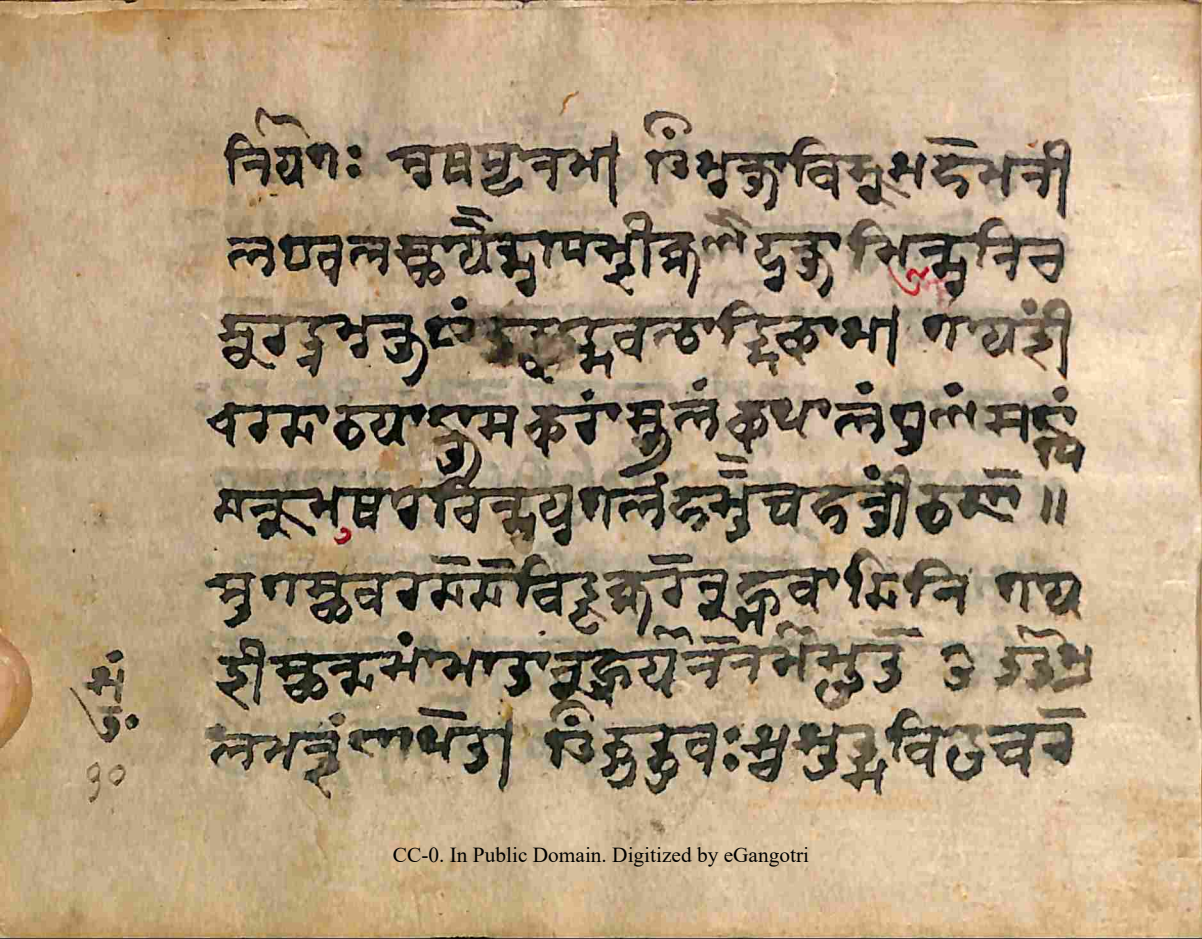

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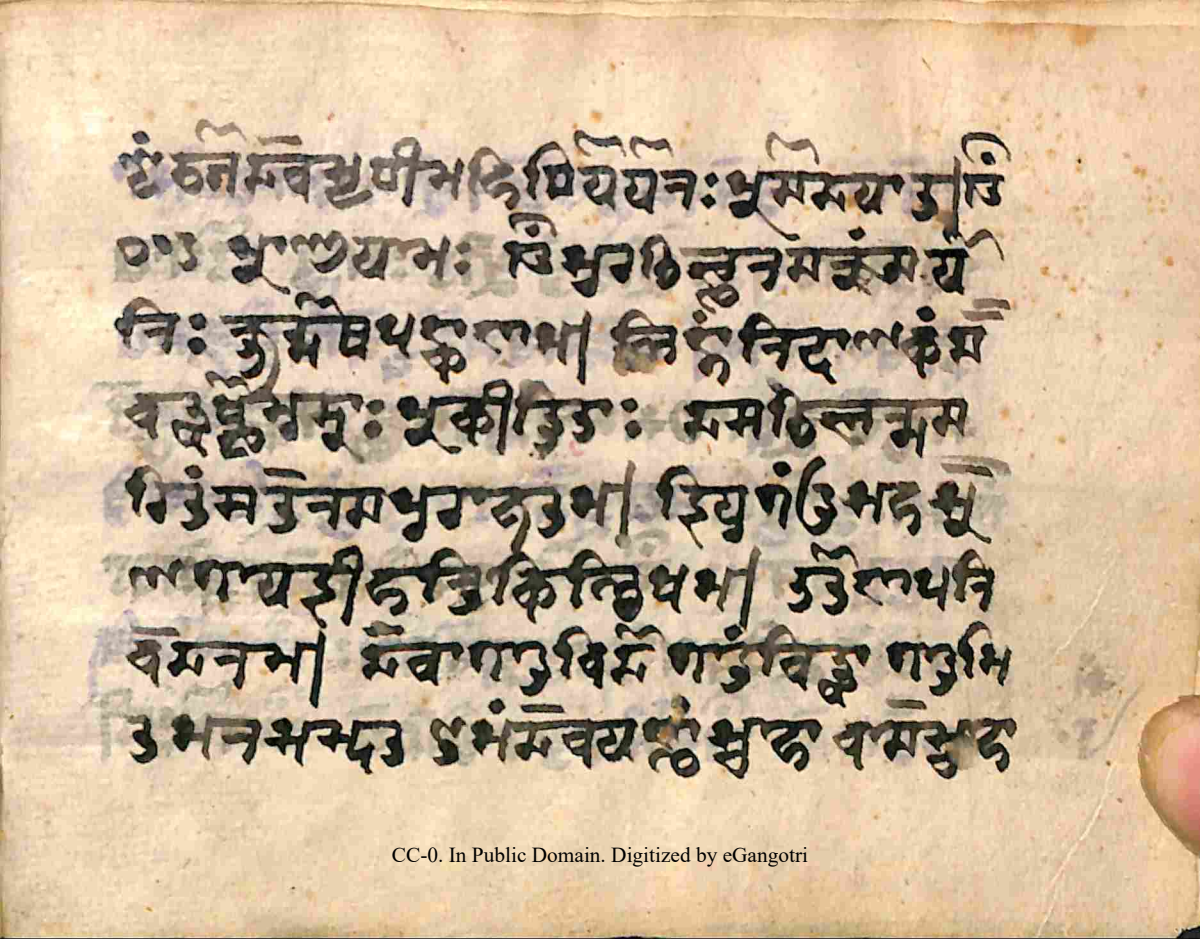

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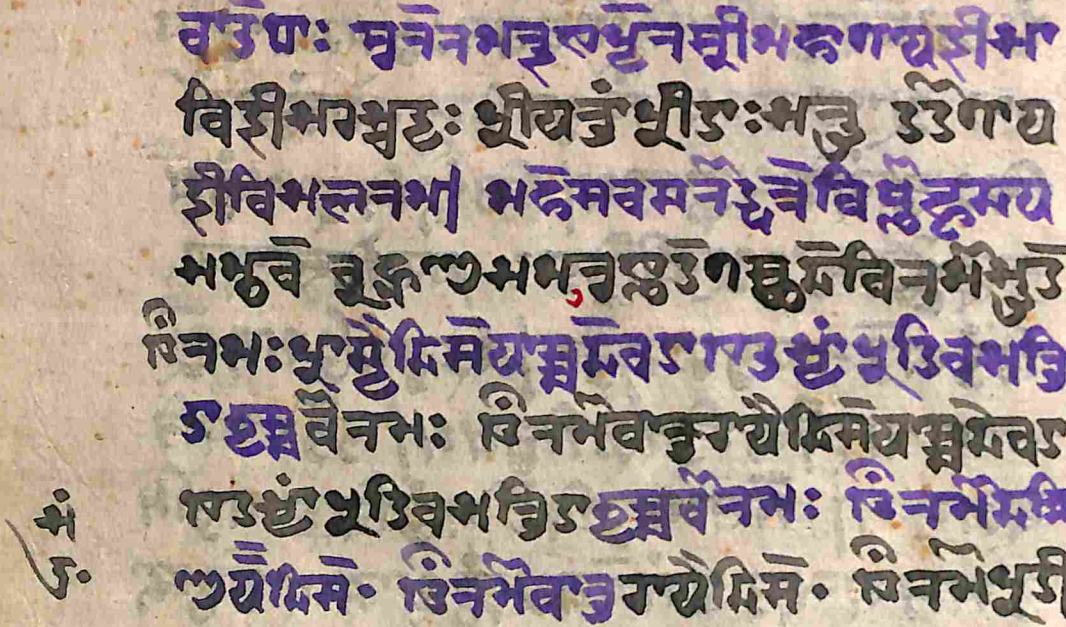

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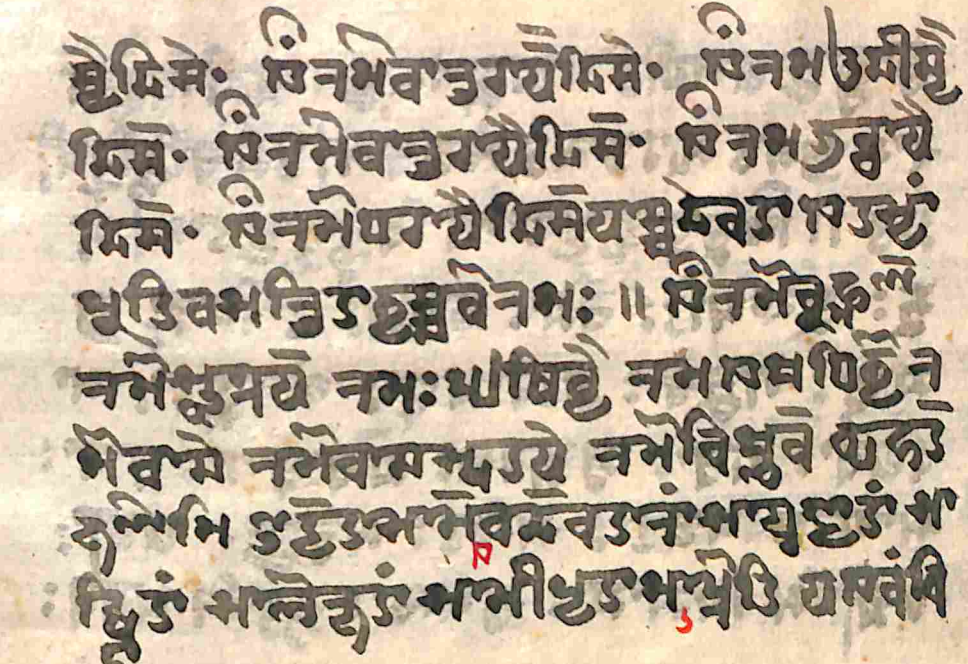

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ਭੰਭ੍ਰਮਟਯਮਗੀਤੇ ॥ ਯਭ੍ਰਮਮਟੁਯਾਯਸ੍ਰੀ ਵਿਭ੍ਰੇਮੇ
ਕਮਭ੍ਰਯੁਯ ਸਯਾਂਭਮਭ ਮੰਯਕਮਮ। ਮਮੰਚਯਿਮਿਖੀ
ਸਯ ॥ ਵਿਭ੍ਰਯੁਯ ਯਮਟਯਾਮਾ ਵਿਮਭ੍ਰਮਟਯਾਮਾ ਸ
ਸ੍ਰਃ ਮੁਲਮਖਿਃ ਵੇਸ਼ਃ ਯਯਯਃ ਸਪੋਯਨਃ ਸ੍ਰ
ਸਾਯਃ ਯਭ੍ਰਯਃ ਮਮਯਸਾਯਃ ਮੰਯਭ੍ਰਯਃ ਮਾ
ਯਯਯਃ ਸੋਯਃ ਸ੍ਰਮਭਃ ਸੋਯਭ੍ਰਯਾਃ ਸ਼ਾਃ
ਮੰ. ਮਾਯਾਃ ਮਯਯਾਃ ਮਸਿਃ ਮਭ੍ਰਮੁਃ ਯਯਾਃ
ਨ. ਸਭ੍ਰੰਮਿ ਮਿਸਾਸਾਃ ਸੁਪਲਾਃ ਸ੍ਰਾਨਿ ਮਸਾਂਯਃ

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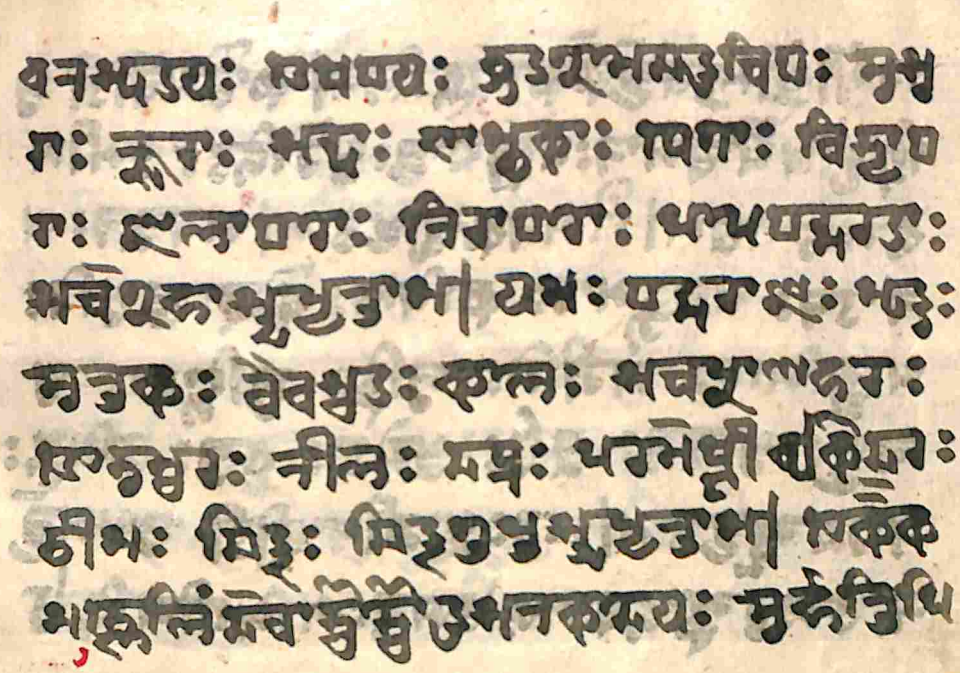

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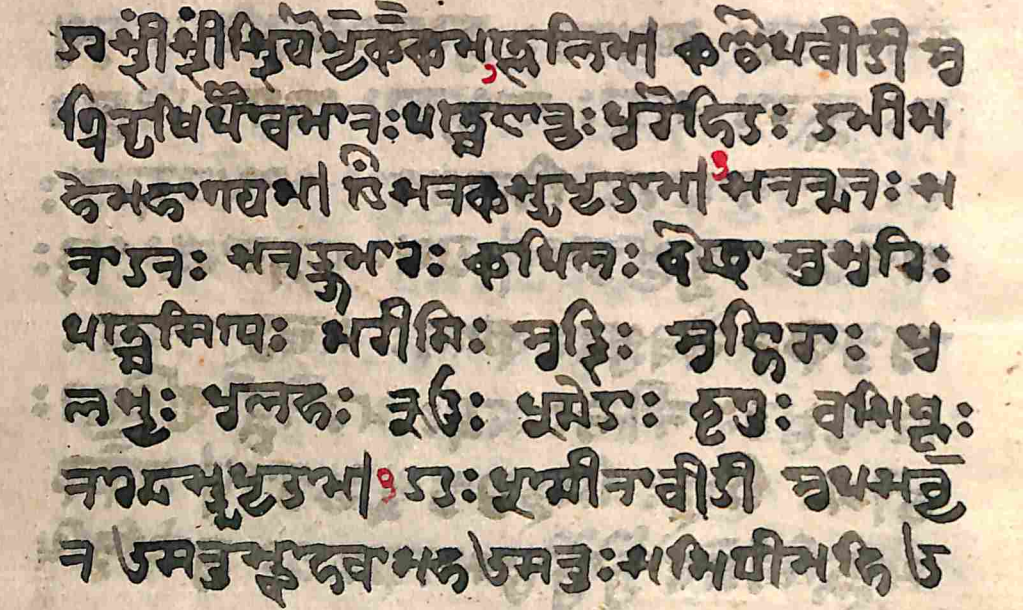

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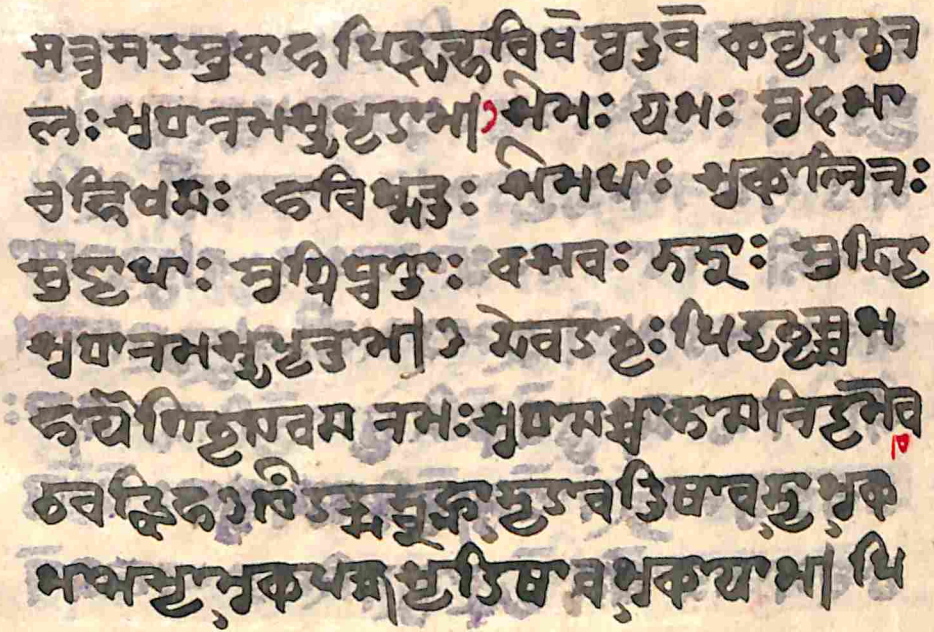

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ऽ भ्रुण त्वमभ्रुण्डाभ्रा ऽधिष्ठाभद्रः भ्रुण त्वमभ्रु
ण्डाभ्रा ऽ धूधिष्ठाभद्रः भ्रुण त्वमभ्रुण्डाभ्रा ऽ
भद्रा भ्रुण त्वमः ऽभ्रुण्डाभ्रा ऽ धिष्ठाभद्री धूधि
ष्ठाभद्री भद्राभद्रः धूभद्राभद्रः वाभ्रुधूभद्रा
भद्रः भद्राभद्री धूभद्राभद्री वाभ्रुधूभद्राभ्र
द्री भद्रुपत्रा भ्रुयो कोमिछुभद्रे धिष्ठुपत्रा ऽ ऽः
सं ऽ ऽनऽऽस्वरत्वत्रं यो नुलेख अभ्रुस्वः योधूऽ
ऽ ऽ ऽवभाधत्र योऽभ्रे ऽभ्रुकुवल्लिऽ ल्लभ्रवे

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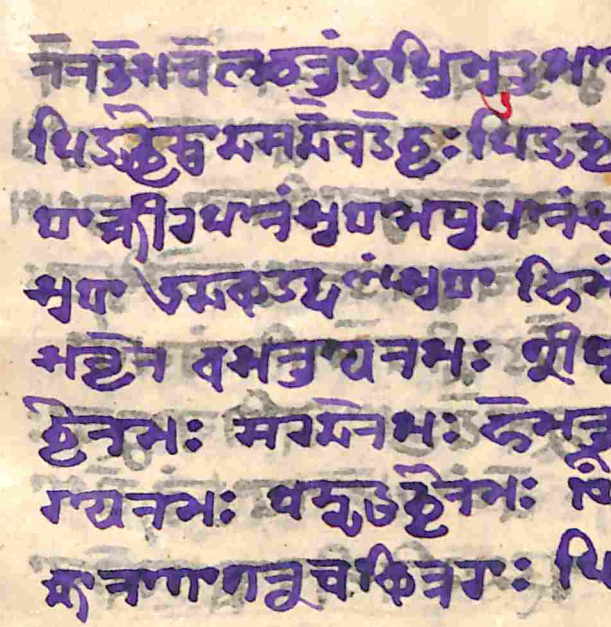

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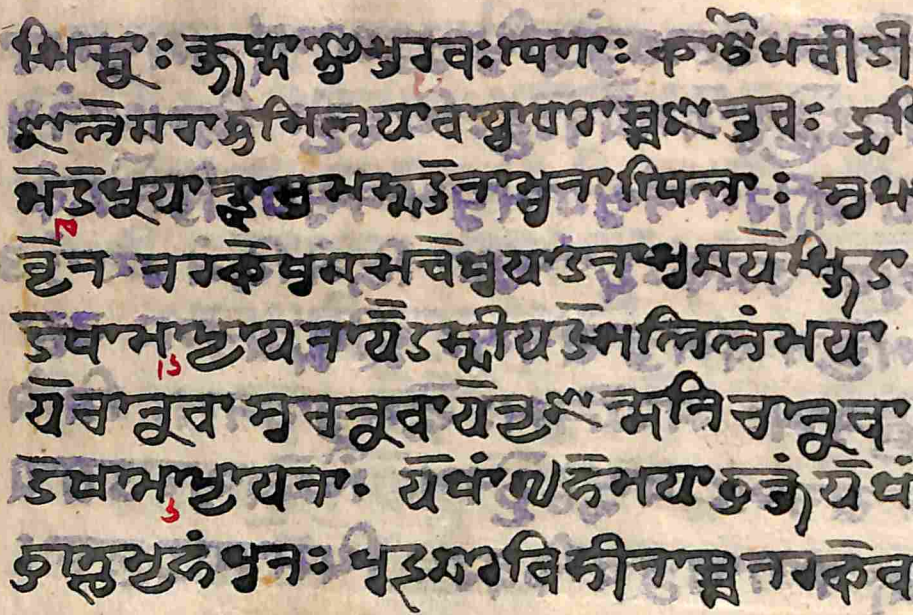

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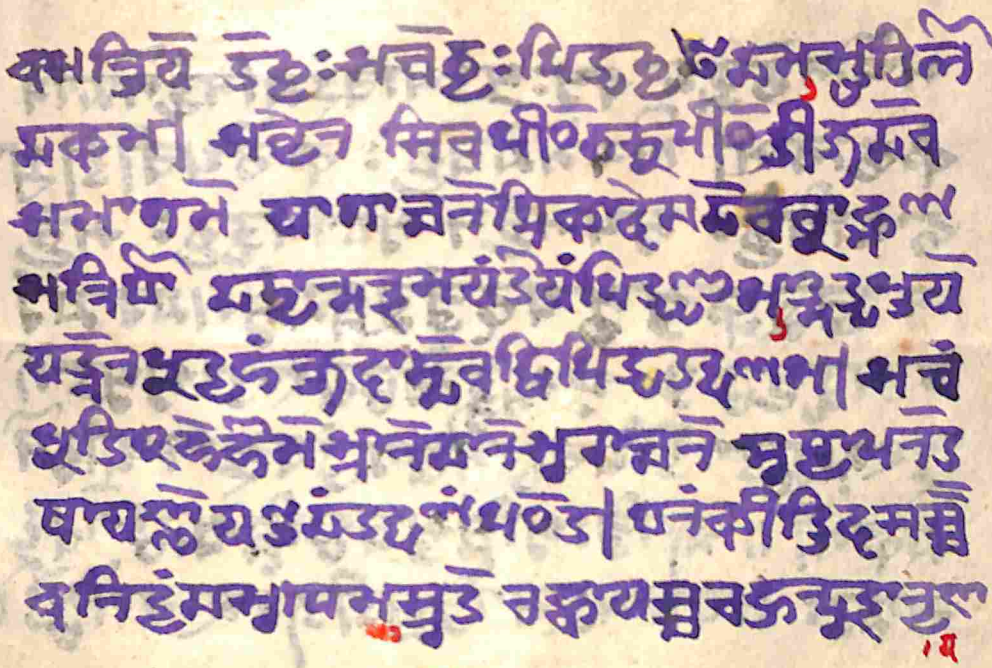

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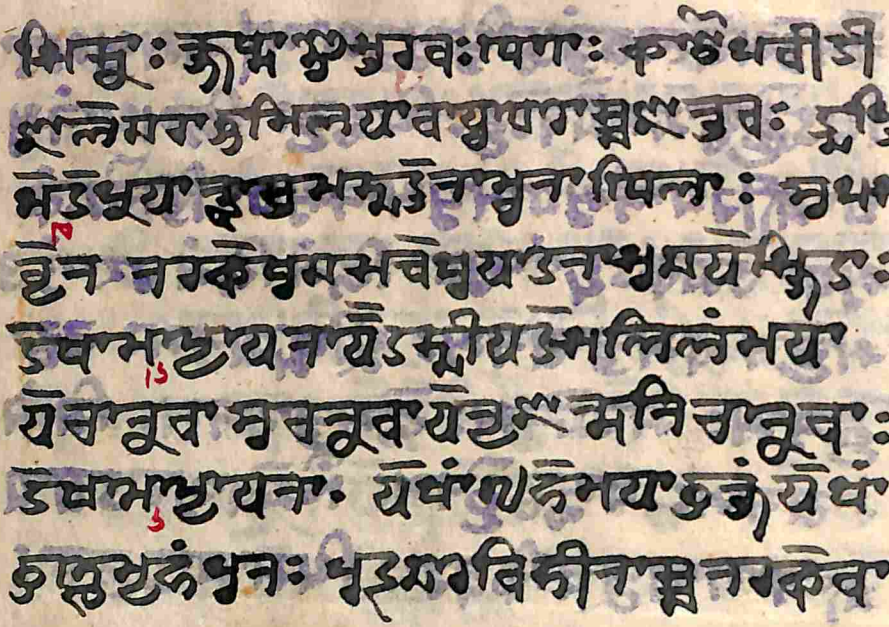

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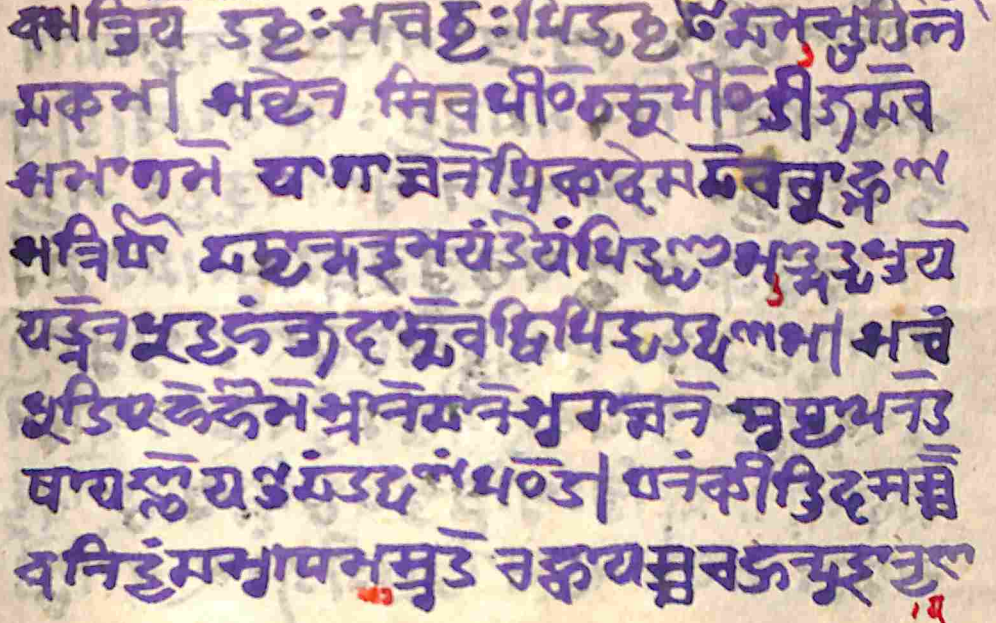

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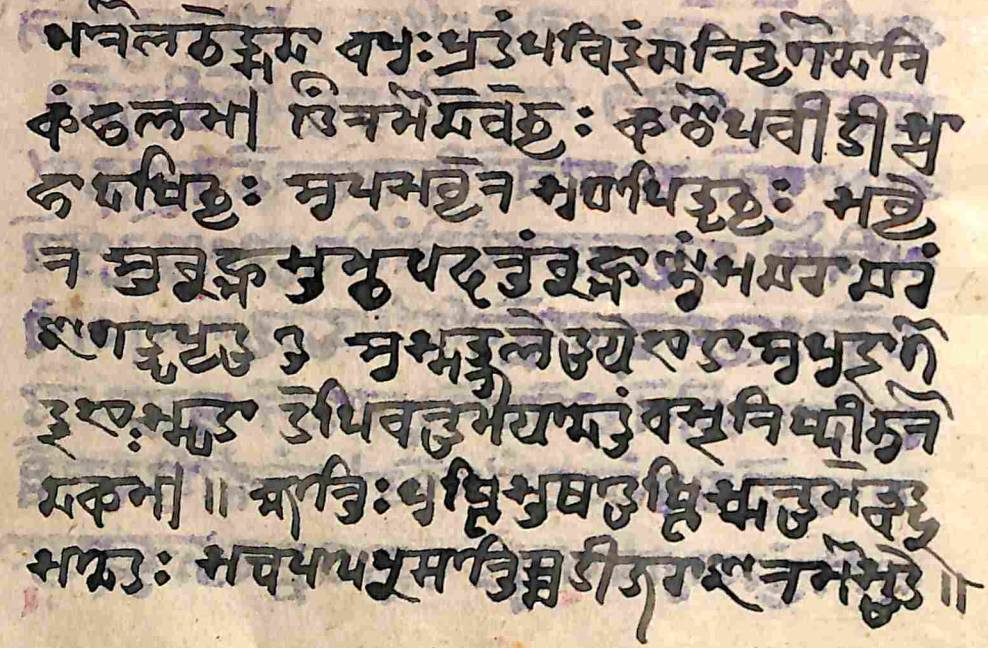

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